

**PROFICIENCY
2009
Sunburv**



**DATE 16th August 2009
CERTIFICATES \$2.00 each
AWARDS \$2.50 each**

METRO WEST SWIMMING VICTORIA INCORPORATED

PROFICIENCY CERTIFICATES

**ELEMENTARY 50m Back & Free
INTERMEDIATE 50m Back, Breast & Free
INTERMEDIATE 50m Back, Fly & Free
PROFICIENCY 50m of Each Stroke**

PROFICIENCY AWARDS

FEMALE					MALE				
STROKE	DISTANCE	TIME	DISTANCE	TIME	STROKE	DISTANCE	TIME	DISTANCE	TIME
	BRONZE		BRONZE STAR			BRONZE		BRONZE STAR	
BREASTSTROKE	50M	60.0s	50M	55.0s	BREASTSTROKE	50M	55.0s	50M	50.0s
BUTTERFLY	50M	60.0s	50M	55.0s	BUTTERFLY	50M	55.0s	50M	50.0s
BACKSTROKE	50M	55.0s	100M	1:50	BACKSTROKE	50M	50.0s	100M	1:45
FREESTYLE	50M	50.0s	100M	1:37	FREESTYLE	50M	47.0s	100M	1:32
	SILVER		SILVER STAR			SILVER		SILVER STAR	
BREASTSTROKE	100M	1:52	100M	1:47	BREASTSTROKE	100M	1:47	100M	1:42
BUTTERFLY	100M	1:47	100M	1:41	BUTTERFLY	100M	1:42	100M	1:36
BACKSTROKE	100M	1:42	100M	1:38	BACKSTROKE	100M	1:37	100M	1:33
FREESTYLE	100M	1:27	100M	1:23	FREESTYLE	100M	1:22	100M	1:18
	GOLD		GOLD BAR			GOLD		GOLD BAR	
BREASTSTROKE	100M	1:42	100M	1:33	BREASTSTROKE	100M	1:37	100M	1:27
FREESTYLE	GOLD BAR ONLY		400M	6:00	FREESTYLE	GOLD BAR ONLY		400M	5:40
BUTTERFLY	100M	1:35	100M	1:28	BUTTERFLY	100M	1:30	100M	1:20
FREESTYLE	200M	2:55	200M	2:45	FREESTYLE	200M	2:44	200M	2:30
BACKSTROKE	100M	1:35	100M	1:25	BACKSTROKE	100M	1:30	100M	1:20
FREESTYLE	100M	1:20	100M	1:15	FREESTYLE	100M	1:15	100M	1:08

RULES: Applicants shall pass each section of each award for which they apply and may not hold a higher award Without first passing the lower levels. Applications for Bar to Gold may only be made after the gold Award has been obtained at a separate meet.

A.S.I and S.V.I. rules shall apply to all meets.

SEE YOUR CLUB SECRETARY FOR MORE INFORMATION

ENTER THROUGH YOUR CLUB

METRO WEST SWIMMING VICTORIA Inc.

PROFICIENCY CERTIFICATE APPLICATION FORM

OFFICE USE ONLY		
PASS		FAIL

<input type="checkbox"/>	ELEMENTARY
<input type="checkbox"/>	INTERMEDIATE / BREASTSTROKE
<input type="checkbox"/>	INTERMEDIATE / BUTTERFLY
<input type="checkbox"/>	PROFICIENCY

NO TIME LIMITS APPLY

NAME: _____ **SEX:** _____

CLUB: _____ **REG NO:** _____

Examination location: **Sunbury**

Examination Date: **16TH AUGUST 2009** Time: **5.00pm**



<input type="checkbox"/>	BRONZE
<input type="checkbox"/>	BRONZE STAR
<input type="checkbox"/>	SILVER
<input type="checkbox"/>	SILVER STAR
<input type="checkbox"/>	GOLD
<input type="checkbox"/>	GOLD BAR

Name:.....

Club:.....

Rego No:.....